

Dear Friends and Patients,

Welcome Spring! It is great to see longer hours of daylight. We thank you for your continued patronage. It is our goal to help you get healthy and keep you well. There are some new and exciting things happening here at Body Mind and Spirit Wellness Center. The outside renovations are about complete. You may have noticed some improvements on the inside as well.

Dr. Debra Levine, a licensed acupuncturist will be offering her services starting April 1st. Call for an introductory consultation 516-316-7888

We now offer many CBD products for health and wellness as well as pain management. Try our new CBD massage to treat pain through tissue massage. The introductory price is \$75 for an hour.

We had mentioned in a previous newsletter about the Lackawaxen Food Hub. Unfortunately they are closing and we will not receive deliveries from them. We are on the lookout for another local food source so stay tuned.

Early Bird Cookery is a local farm to table catering company. You can browse their web site and place your order on Thursday and they will deliver food specific to your dietary needs on Mondays. Check out their services at earlybirdcookery.com. Our patrons will receive a 20% discount with a code.

New to BMS is light therapy called Celluma, researched and developed by NASA, to treat acne, anti-aging, and pain. Ask for a brochure and introductory offer.

Yoga classes are Monday and Thursday evenings and soon on Saturdays.

We also have reasonably priced herbs, supplements, remedies and gifts to support your health.

Your input is of value to us. We are looking to expand our services. Do you have any suggestions that will make our practice even better?

We look forward to seeing you here at Body, Mind & Spirit and wish for your continued good health and happiness.

Thank you,
Dr Jamie

**** Treat your loved ones to a BMS gift card for a birthday or special occasion**